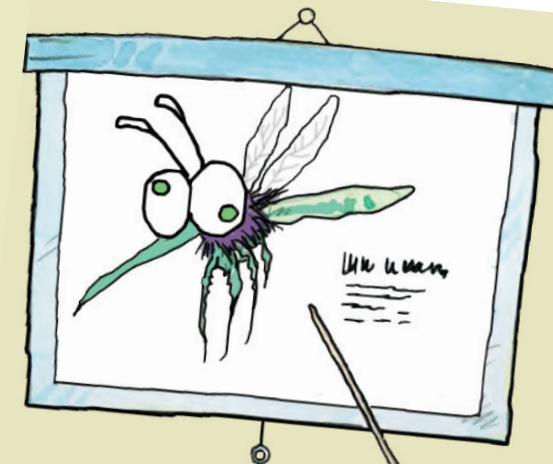


a West Nile virus prevention message



ABC's of Bites

West Nile Virus
www.doh.wa.gov/wnv
1-866-78VIRUS



DOH 334-272 August 2011

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

Courtesy of Fairfax County Health Department, Virginia and adapted from "The ABCs of Bites" by Joe Sutliff.

a bit about mosquitoes
and tips on how to avoid their bite!

About ABC's of Bites

For some, West Nile virus can be a serious, even deadly, disease. It's spread by the bite of an infected mosquito. Most people who are infected with West Nile virus will not get sick. Some people will have mild symptoms. A few will suffer more severe symptoms that can cause permanent health problems.

By reading ABC's of Bites with your child, they'll learn early how to reduce their risk of West Nile virus. It's key that children understand the reason behind taking certain preventive actions. ABC's of Bites expands your child's knowledge about mosquito biology and transmission of the disease. The booklet introduces them to preventive actions such as removing mosquito habitat from around your yard and using mosquito repellents when outdoors.

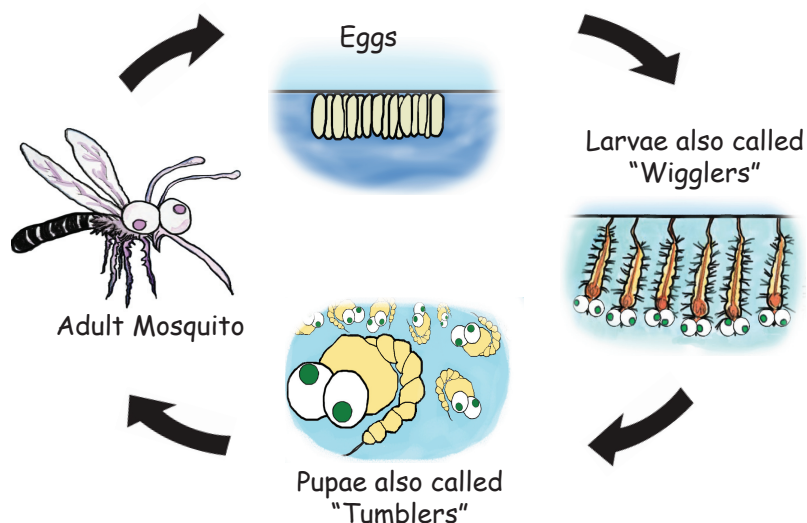
In the back, you'll find some useful resources. Learn about mosquito control districts and see if there's one protecting your community. Use the handy checklist to keep mosquito populations under control by limiting their habitat.

Our goal is that your child grows up aware and knowledgeable about West Nile virus and practices preventive actions in their everyday life.

Enjoy ABC's of Bites!

P.S. You can learn more about West Nile virus by visiting our website at www.doh.gov/wnv or calling 1-866-78VIRUS.

Mosquito Life Cycle



What is a Mosquito Control District?

Your local mosquito control district helps protect you against West Nile virus. They use integrated pest management practices to get rid of mosquitoes with the least impact on the environment and people.

They first survey for mosquitoes, both larvae and adults. Then, they reduce any large populations of mosquitoes found using the best control methods for the situation. The fewer mosquitoes, the less chance you'll receive a bite that threatens your health.

Call the local mosquito control district to learn what is being done in and around your community.

Mosquito Control Districts by County

Adams	Island
Adams County MCD 509.488.2661	Camano Island MCD 360.387.8705
Benton	Skamania
Benton County MCD 509.967.2414	Skamania County MCD 509.427.8055
Chelan	Walla Walla
Leavenworth MCD 509.548.3316	Touchet-Lowden MCD 509.394.0403
Clark	Columbia MCD 509.547.4994
Clark County MCD 360.574.7906	
Cowlitz	Yakima
Cowlitz County MCD 360.423.5311	Benton County MCD 509.967.2414
Ferry	Yakima County MCD 509.452.1890
Curlew MCD 509.779.4445	
Franklin	No mosquito control district protecting your community? See Municipal Research and Services Center of Washington to find out how your community can form a mosquito control district. www.mrsc.org/subjects/governance/spd/mcdform.aspl
Franklin County MCD 509.545.4083	
Grant	
Grant County MCD #1 509.765.7731	
Grant County MCD #2 509.631.1462	
Grant County MCD #3 509.632.5930	

Do You Remember Your ABC's of Bites?

Find and circle them in this word search. If you forget some, look at the list at the bottom of the page.

Have fun and good luck!



Adult

Bites

Blood

Corrugated Pipes

Dragonfly

Flying

Gutters

Hide

Ivy

Junk

Kiddie Pool

Larvae

Mosquito

Nectar

Outdoors

Pupae

Questions

Repellent

Surveillance

Trap

Underground

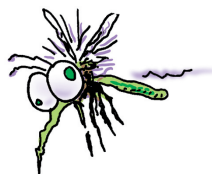
Virus

West Nile

Examine

Yard

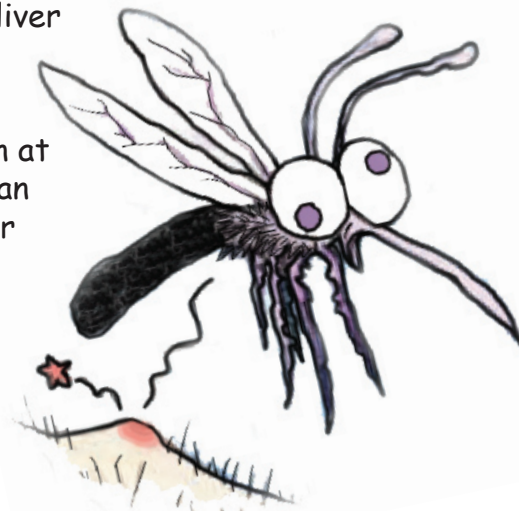
Zero



A

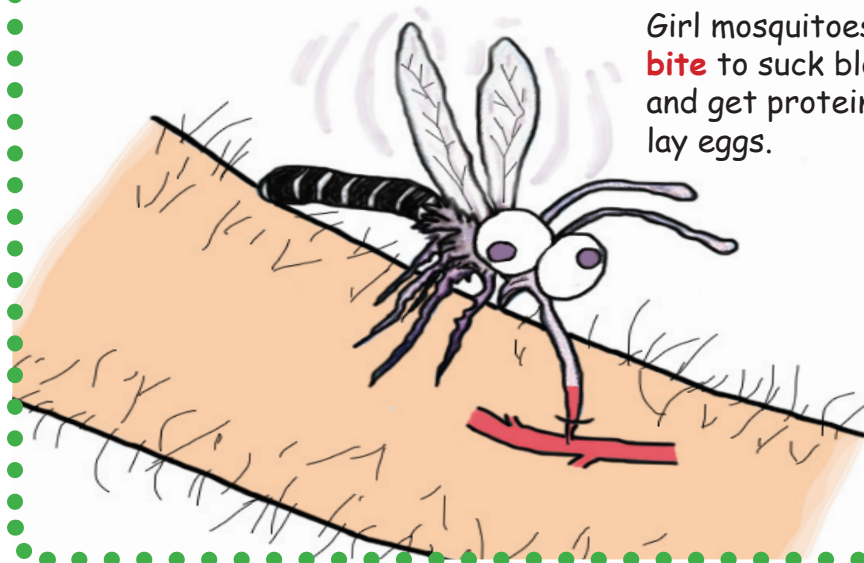
Adult mosquitoes deliver an itchy bite and can spread disease.

They bite more often at dawn and dusk, but can bite during the day or night too.



B

Girl mosquitoes **bite** to suck blood and get protein to lay eggs.

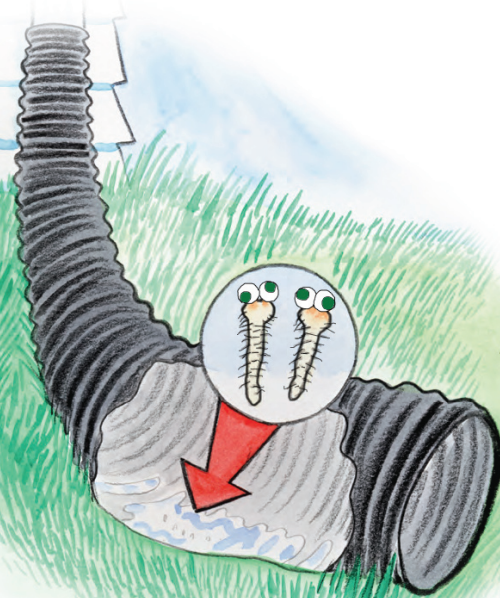




C

Mosquitoes only need a little water for their eggs to hatch into young larvae.

Sometimes the larvae grow into adult mosquitoes in the **corrugated** drainpipes in your yard.



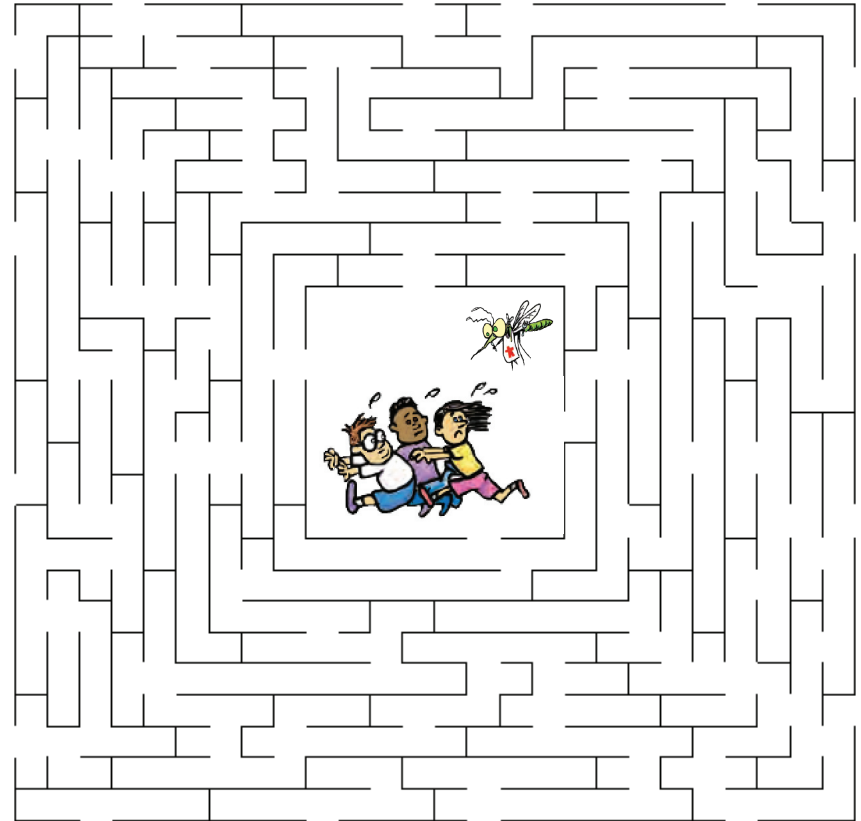
D

Dragonflies eat lots and lots of mosquitoes!



That Mosquito Looks Hungry!

Help these kids find their way out of the mosquito maze and get to an EPA approved mosquito repellent. There are four ways out. Can you find them all? Good luck!



Where Mosquitoes Call Home

Use this helpful checklist to get rid of places where mosquitoes like to live around your yard. Many of these places are containers where water has collected.

For most containers, use the “**Tip-Or-Toss**” method to prevent mosquitoes from starting new families. Be a responsible home owner!

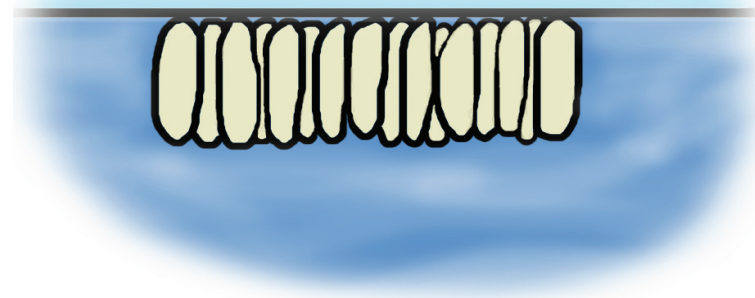
Tip (drain or rinse) water from containers

Toss (recycle or landfill) unused containers

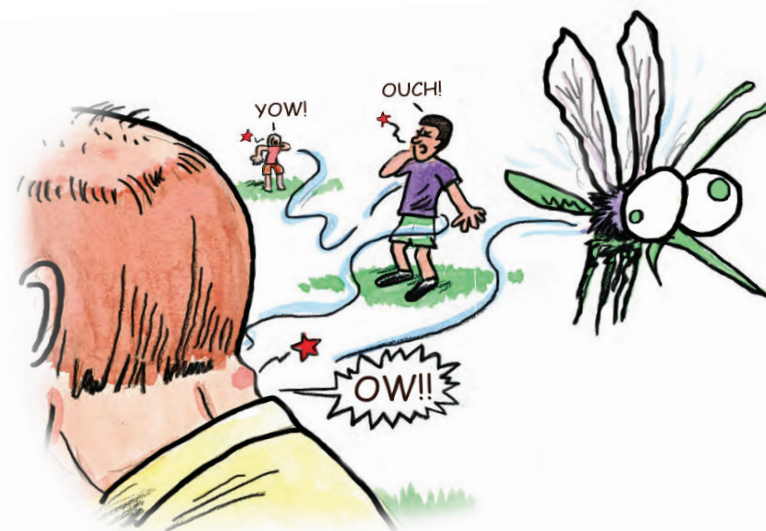
- ✓ Buckets and Pails
- ✓ Old Tires and Tire Swings
- ✓ Cans and Bottles
- ✓ Toys and Playhouses
- ✓ Swimming and Wading Pools
- ✓ Wagons and Wheel Barrows
- ✓ Bird Baths
- ✓ Blocked Gutters
- ✓ Corrugated Drainpipes
- ✓ Flower Pots and Saucers
- ✓ Water Cans
- ✓ Tarps and Covers
- ✓ Animal Watering Troughs
- ✓ Boats and Canoes
- ✓ Hot Tubs



Mosquitoes lay their **eggs** in calm water, like that found in puddles, ponds, and pools.



Mosquitoes **fly** around seeking food. They prefer to stay near cool, shady areas, but some will travel several miles in search of a blood meal.





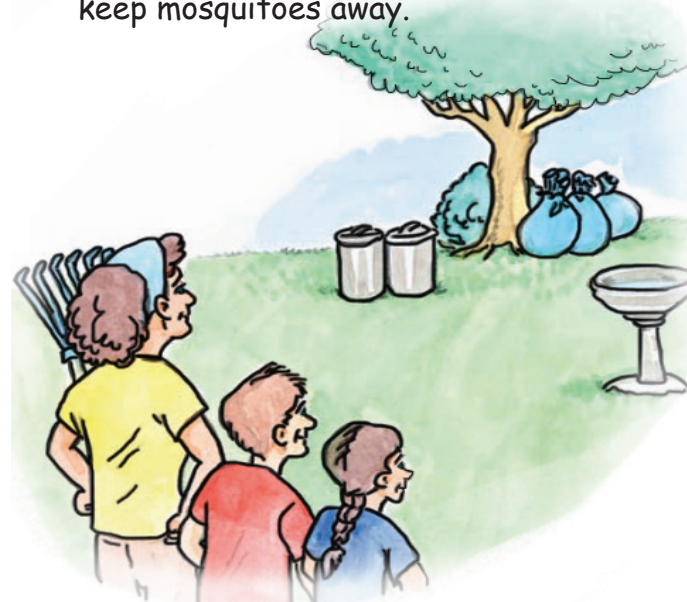
G

Dirty **gutters** hold water where mosquitoes can lay their eggs. Make sure a parent keeps gutters clean.



Y

Keeping your **yard** clean, neat, and free from standing water is the best way to keep mosquitoes away.



H

Mosquitoes **hide** during the cold winter months. They return when the weather warms up in the spring.

Our goal is to have **zero** people sick with West Nile virus.

Help us by doing your part!

Z





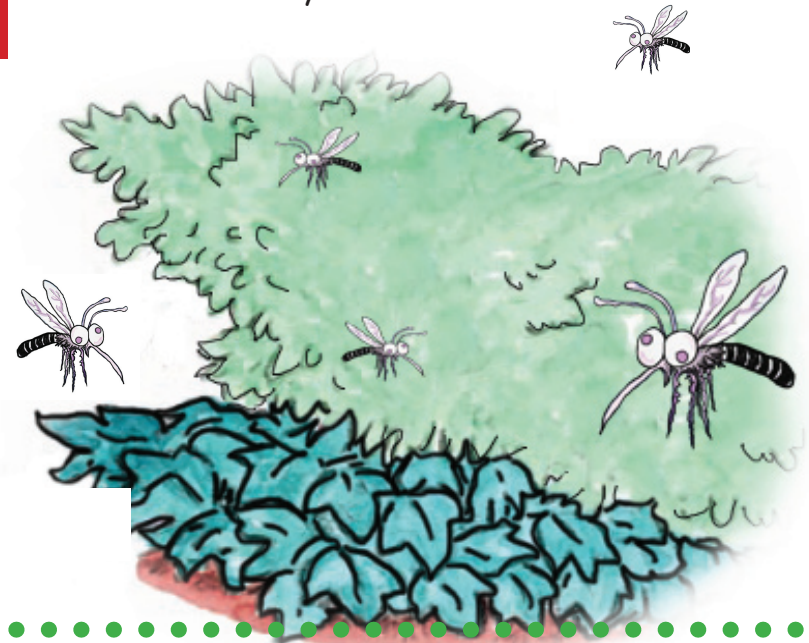
W

West Nile virus is carried by some mosquitoes and can make you sick.



I

Mosquitoes rest in **ivy**, azaleas, and other shady bushes.



X

Walk your yard and **eXamine** for places where water collects and mosquitoes call home. Use the helpful checklist in the back.



J

Many things can hold water. Clean up **junk** around your yard so mosquitoes don't have a place to lay their eggs.





K

After you are done playing in the **kiddie** pool, make sure a parent empties all the water out so mosquitoes can't lay their eggs.



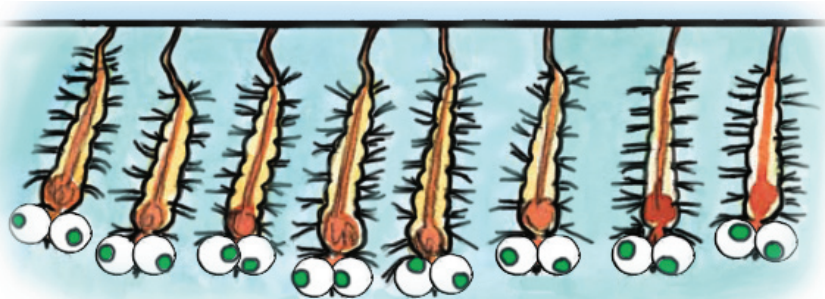
U

Even **underground** drainage pipes can be homes for mosquitoes.



Larvae are baby mosquitoes that grow in water. They are also called "wigglers" and you can see them wiggling around.

L



A **virus** is a very small germ that can make you sick. Mosquitoes can carry viruses and pass them to people when they bite.

V



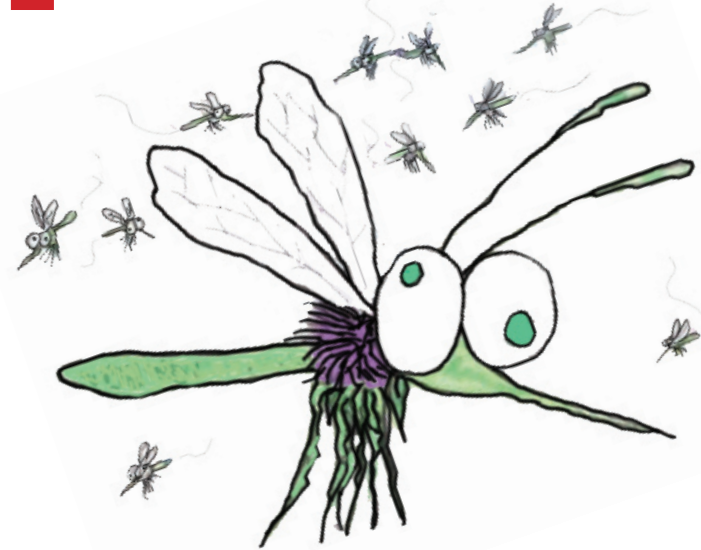
Surveillance means looking for what kind of mosquitoes and how many there are in your neighborhood.

S



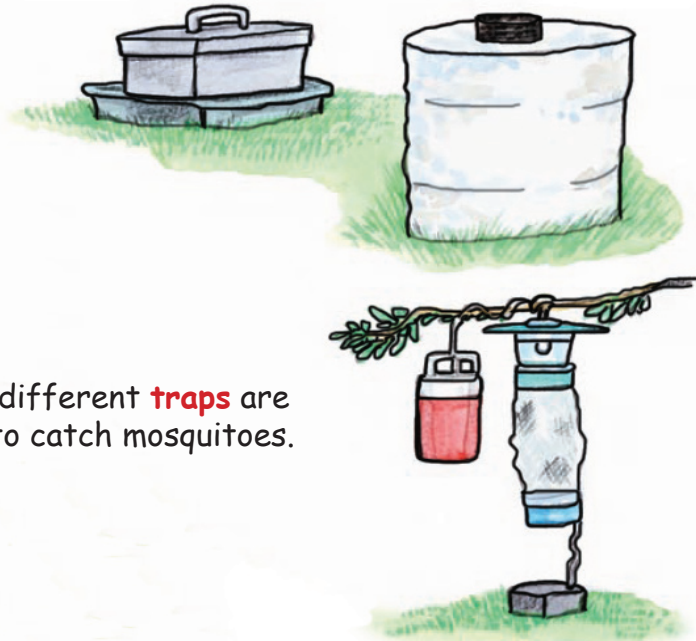
Mosquitoes are blood-sucking bugs whose bite may make you sick.

M



T

Many different **traps** are used to catch mosquitoes.



N

Flower **nectar** is like sugar water that all mosquitoes, boys and girls use for their food.

Only girl mosquitoes suck blood.





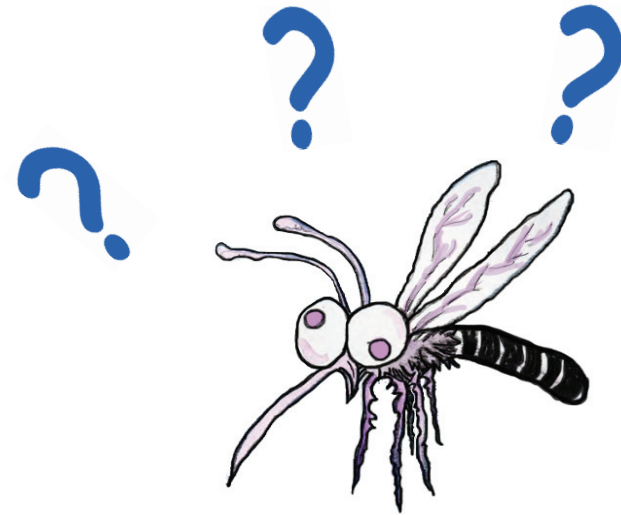
O

Outdoor play can be more fun if you keep mosquitoes away.



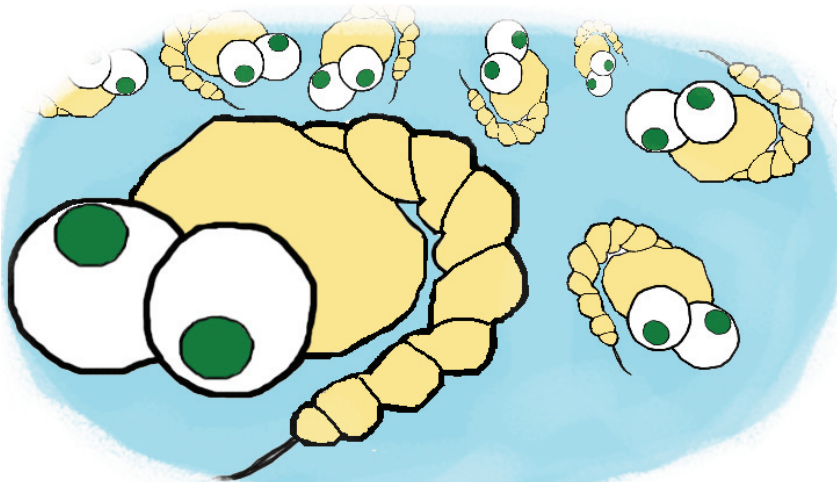
Q

Your local health department or mosquito control district can answer your **questions** about mosquitoes and diseases they spread.



P

Larvae change into **pupae**. Pupae are also called "tumblers" because they tumble in the water when you touch the water's surface.



There are many different types of **repellents** that keep mosquitoes away. Ask your parents to choose a repellent that's right for you.

R



P R I N T I N G S P E C I F I C A T I O N S

Title: **ABC's of Bites**

Size: 11 x 8.5" flat (20 pages self-cover)

Paper stock: 70# text, white, smooth

Ink color: 4-color process

Special instructions: 2-sided printing. Saddle-stitch. Finished booklet folds to 5.5 x 8.5

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